

MARCH 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| 2 Yogalates 12:15p - 1:00p <i>Kendall</i> STRONG® 5:15p - 6:00p <i>Helena</i> | 3 Barbell Blast 12:15p - 1:00p <i>Steven</i> Cardio & Kettlebells 5:15p - 5:45p <i>Helena</i> | 4 Hafter Bootcamp 12:15p - 12:45p <i>Steven</i> Butts & Guts 5:15p - 5:45p <i>Helena</i> | 5 Low-Impact Lifting 12:15p - 12:45p <i>TBD</i> | 6 STRONG30® 12:15p - 12:45p <i>Kendall</i> |
| 9 STRONG® 5:15p - 6:00p <i>Helena</i> | 10 Barbell Blast 12:15p - 1:00p <i>Steven</i> Cardio & Kettlebells 5:15p - 5:45p <i>Helena</i> | 11 Hafter Bootcamp 12:15p - 12:45p <i>Steven</i> Butts & Guts 5:15p - 5:45p <i>Helena</i> | 12 Low-Impact Lifting 12:15p - 12:45p <i>TBD</i> | 13 STRONG30® 12:15p - 12:45p <i>Kendall</i> |
| 16 Yogalates 12:15p - 1:00p <i>Kendall</i> STRONG® 5:15p - 6:00p <i>Helena</i> | 17 Barbell Blast 12:15p - 1:00p <i>Steven</i> Cardio & Kettlebells 5:15p - 5:45p <i>Helena</i> | 18 Hafter Bootcamp 12:15p - 12:45p <i>Steven</i> Butts & Guts 5:15p - 5:45p <i>Helena</i> | 19 Low-Impact Lifting 12:15p - 12:45p <i>TBD</i> | 20 STRONG30® 12:15p - 12:45p <i>Kendall</i> |
| 23 Yogalates 12:15p - 1:00p <i>Kendall</i> STRONG® 5:15p - 6:00p <i>Helena</i> | 24 Barbell Blast 12:15p - 1:00p <i>Steven</i> Cardio & Kettlebells 5:15p - 5:45p <i>Helena</i> | 25 Hafter Bootcamp 12:15p - 12:45p <i>Steven</i> Butts & Guts 5:15p - 5:45p <i>Helena</i> | 26 Low-Impact Lifting 12:15p - 12:45p <i>TBD</i> | 27 STRONG30® 12:15p - 12:45p <i>Kendall</i> |
| 30 Yogalates 12:15p - 1:00p <i>Kendall</i> STRONG® 5:15p - 6:00p <i>Helena</i> | 31 Barbell Blast 12:15p - 1:00p <i>Steven</i> Cardio & Kettlebells 5:15p - 5:45p <i>Helena</i> | | |  |

Hafter Student Community Center

215-780-1350
haftercenter@salus.edu

Please bring your own water to every class.

Call the day of class to reserve your spot. We are also offering online class sign ups - ask the trainers for more info!

Limited space is available for some formats.

Classes may be cancelled if no one has pre-registered or shown up within 10 minutes of the scheduled start time.

If you arrive 15 minutes late you may be denied access to certain classes.

C=CIBA STUDIO
G=GYMNASIUM

ONLINE CLASS SIGN UPS

We now offer online sign ups for our Group Exercise Classes. Download the app with the QR code below and create an account using your Salus email. Ask the trainers for more information or any help signing up or working the app!

Apple



Google Play



Class descriptions can be found on our Google Calendar and on the PTMinder or PTFitWorks Calendars!
Simply add the Hafter Center's calendar to your view while signed in to your Salus email address and you will see our scheduled events for the whole month.